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ABSTRACT

This set of materials intended for use in the development of programs in leisure services and a vocational counseling contains information about a Leisure Counseling Media Kit, with directions for ordering a slide-tape program. Order forms and additional information about leisure counseling supplies are also included. A brief pamphlet describes leisure counseling, when it is available, and what the cost is for the services. A three-page leaflet describing the Milwaukee Leisure Counseling Model focuses on: (1) a definition of leisure counseling; (2) methods for assessing interests of the individual; and (3) a description of the team approach as developed and implemented in the Milwaukee model. The kit also contains a copy of the Miranda Leisure Interest Finder Identifying Information Sheet which assesses information on education, salary, and time availability. A supplemental section of the inventory evaluates preference for specific leisure activities and instructions for developing individual profiles. (BW)

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LEISURE COUNSELING

By Drs. Epperson, Mirenda, Overs, and Wilson

Leisure Counseling is a program developed by: Dr. Arlin Epperson, Associate Professor and Director of Recreation Extension, University of Missouri; Dr. Joseph Mirenda, formerly of Marquette University and now Adult Education Program Coordinator for Milwaukee Public Schools; Dr. Robert Overs, Director of Research for the Curative Workshop of Milwaukee; and Dr. George T. Wilson, Assistant Superintendent of Schools, Milwaukee Public Schools, Division of Municipal Recreation and Adult Education.

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FOREWORD*

THE NEW LEISURE ETHIC suggests that the old concept of expressions of life style in terms of isolated blocks of time for work, play and meeting creature comfort needs, with each time block shifting in response to individual circumstances, may be undergoing a substantial change. Rather than filling time slots and assuming that each starts with potential boredom, the leisure ethic focuses on a developmental activity continuum expressive of man's quest for the uniqueness of his human dignity, concern for the quality of life and attainment of maximum potential.

The senseless search for material success at any cost and, often, when attained, the further pursuit of escape routes through drugs, fantasy and noise, lead only to the realization that the individual's personality has been destroyed. Man's value judgments may have to change so work, play, education and creature comfort demands can blend harmoniously into a positive life style. The freedom of the will and true self realization demand controls from within as well as externally in the pursuit of happiness.

There is little doubt that the significance of leisure whether expressed in terms of time slots or the new ethic is increasing in importance. A process by which this design for leisure will largely be met in the future is avocational counseling. The major tool of avocational counseling is the computer; its substance is a model consisting of an interest finder and resource inventory. Its special expertise is the warm human element of an understanding counselor. The goal is self-discovery, development of potential and an improved quality of life. Avocational counseling functions: to open doors for those in the mainstream of life through a maze of locally available outlets; to assist those on the fringe of the mainstream limited by physical, mental or cultural deprivation; and to ease the transition of the sheltered to return to the mainstream.

This book is on the cutting edge of new and significant development in the realm of leisure services. Avocational counseling will surely become as commonplace in the future as are parks, playgrounds and recreation centers today.

GEORGE T. WILSON, Re.D.
Assistant Superintendent of Schools
Division of Municipal Recreation
and Adult Education
Milwaukee, Wisconsin

*This foreword appears in the book titled, *AVOCATIONAL ACTIVITIES For the HANDICAPPED* by Robert Overs, Elizabeth O'Connor and Barbara Demarco, Charles C. Thomas, Publisher, 1974.

The term avocational is used in the book as it applies to counseling of the handicapped. Leisure counseling is the term used by the Milwaukee Public Schools, Division of Municipal Recreation and Adult Education, as it applies to the mainstream population.

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milwaukee public schools

Division of Municipal Recreation
and Adult Education

LC1 974 1M

LEISURE COUNSELING

. . . a "NOW" dimension for a quality life for adults.

WHAT IS LEISURE COUNSELING?

LEISURE COUNSELING is an adult education service of your Milwaukee Public Schools, Division of Municipal Recreation and Adult Education. Basically, it is a service designed to assist individuals in the selection of activities that match interests with activities that are locally available.

Nine broad categories of interests are used which are subdivided to encompass over 900 activities. These broad categories are: Games, Sports, Nature, Collection, Homemaking/Homecraft, Art/Music, Educational/Entertainment/Cultural, Volunteer and Organizational.

LEISURE COUNSELING, for persons undecided on leisure pursuits, involves Divisional assistance through an interest finder. Based on the results of the interest finder and the profile, referrals can be made to available local activities of high interest. Completion of the interest finder usually takes about 20 minutes.

HOW CAN LEISURE COUNSELING BE HELPFUL?

Ask yourself if you are really satisfied with the way you spend your leisure. If you are like many adults you will probably answer NO. LEISURE COUNSELING simply attempts to point out areas of high interest and to make referrals to local activities that match those interests. Time and money are saved by not having to randomly search for activities or make endless phone calls to seek activities that are right for you. LEISURE COUNSELING'S forerunner was vocational counseling.

LEISURE COUNSELING services such as described are a comparatively new recreation service for adults and Milwaukee is considered to be a pioneer in this effort, just as it became nationally known as the "City of the Lighted Schoolhouse." The team that developed the Milwaukee LEISURE COUNSELING model for ultimate adaptation to a computerized system was DRS. Robert Overs, Curative Work Shop of Milwaukee, George T. Wilson, Joseph Mirenda, both of Milwaukee Public Schools, and Arlin Epperson, University of Missouri.

WHERE IS LEISURE COUNSELING AVAILABLE?

LEISURE COUNSELING services will be available during evening hours at the following adult centers: On the southside, HAMILTON COMMUNITY SCHOOL CENTER, 6215 West Warnimont; on the northside WILBUR WRIGHT ADULT CENTER, 8400 West Burleigh. During the day, Monday thru Friday, at the central administration office of the Milwaukee Public Schools, Division of Municipal Recreation and Adult Education, 5225 West Vliet Street, Room 124.

WHAT IS THE COST FOR THIS SERVICE?

There will be a nominal charge to cover the cost of the interest finder and related materials.

More information regarding the LEISURE COUNSELING program can be obtained by telephone at 414-475-8190, between the hours of 8:30 AM to 5:00 PM

LEISURE COUNSELING

LEISURE COUNSELING—A NEW AND EXCITING RECREATION DEVELOPMENT!

MILWAUKEE LEISURE COUNSELING MODEL

I. DEFINITION OF LEISURE COUNSELING

The Milwaukee Public Schools' Municipal Recreation and Adult Education Division is engaged in a pilot to extend its referral guidance program into a newer, more ambitious, and complex area of service—Leisure Counseling. The concept has grown in response to three compelling needs:

1) To "open doors" for people in the mainstream of life who, for important and personal reasons, seek to raise the level of their potential through recreation/education outlets that are available locally.

2) To ease the transition of temporarily sheltered persons who take the last step away from public institutional care and the first step back into community living.

3) To provide counseling and opportunities for vocational rehabilitation for special persons who are on the fringe of normal society but are limited in the pursuit of normal activities.

To understand the concept of leisure counseling one must define its components. If one views them traditionally leisure counseling concepts are helping an individual to discover ones leisure time needs, to develop abilities, and to achieve the highest level of potential. But if viewed non-traditionally, leisure counseling is more importantly concerned with improving the quality of life and is a product of thinking associated with a new leisure ethic.

The concepts, however, are not new. The forerunner is vocational counseling. The necessary tool is the computer. The idea of vocational counseling is to provide the assistance needed for individuals to make free and intelligent choices on ones work way through life.

Similarly, the future role of the leisure specialist is to help persons to choose a leisure activity and assist them in the wise use of it.

Three Areas of Leisure Counseling

A. THE MAINSTREAM

Leisure Counseling would have an extended influence on people who make up the mainstream of human life. While there are millions of participants in recreation programs, there are certain people—more so than others—to whom a wise choice of leisure is of critical importance. The problem is not merely keeping busy, but rather, of finding activities that promote their health and/or welfare. The best evidence of this is the increasing number of referral telephone calls to recreators by physicians, social workers, psychologists and Mr. or Mrs. Average Citizen.

One example concerns a middle-aged man with high blood pressure. To add to his woes, he's overweight and tired. He works twelve hours a day. He took the time to visit his doctor whose advise was simple but not uncommon: "You need to slow down, diet, and take moderate exercise." He was referred to the Counselor where staff members were prepared to offer a number of opportunities for physical fitness and to work towards the improvement of his condition.

Another caller, a woman, was advised by her psychiatrist to pursue a hobby to chase away boredom. After confiding that she might enjoy weaving, the doctor suggested that she call the Municipal Recreation and Adult Education Division of the Milwaukee Public Schools to find out what they had to offer. She did. This woman was directed to—and enrolled in—an evening weaving class at one of Milwaukee Public School's adult education centers.

Such available activity, suited to an individual's interests, abilities and needs, can be a means to refresh the mind and revive the body in a word 're-creation.' The meshing of interest, activity and personality is not always as simple, however.

B. THE SHELTERED POPULATION

Some people are by circumstances removed temporarily from the mainstream of life. These people might include prison inmates, hospital patients, institutionalized persons with disabilities, drug addicts, alcoholics (half-way house residents) and any other individuals who are out of the mainstream.

While much emphasis is being placed on the leisure aspect and constructive use of leisure, guidance must go far beyond this to a genuine concern for the total individual. Recreation experts know this in regard to people in the mainstream of life, but too little is being done by professionals to effectively counsel the sheltered population, the people who may have problems re-entering the world of normal influences.

For example, who is helping the prison inmate about to be paroled? Offenders are being helped by community agencies to overcome major transition factors one of which is employment. In experimental stages, work release centers located in or near home communities are helping prison inmates to readjust before institutional release. In the six to eight weeks' waiting period before being paroled, the individual is being readied for the labor market and simultaneously being helped to overcome the barriers of society.

Another transition factor becomes equally important to the potential parolee and that is using leisure effectively. While work release centers are rehabilitating the inmate for the job world, the recreation counselor should be at hand to provide a type of counseling that would enable that person to discover leisure needs, to assess potentialities, perhaps to help establish new objectives and to proceed to a realization of goals.

What about the person with an alcoholic problem? Leisure counselors could move in behind, or in cooperation with, alcoholic treatment centers. The first period in the institution usually involves a program of detoxification with the remainder devoted to individual or group psychological social and educational counseling. Recreation experts could enhance the treatment with forms of rehabilitation that would include leisure counseling.

C. THE SPECIAL POPULATION

There are others isolated in the mainstream of life - the aging, and the handicapped are among them. All too often this segment of the community is forgotten although they have to have a right to attain a self-satisfying and improved life through professional guidance. This is the special population.

Recreators have long recognized that recreation/education should not be limited to any age, attitude, or physical or mental condition. There should be a strong thrust now to assist a special population—one of which is isolated in the mainstream. The reference is to the physically, mentally or multiple handicapped, aged and the culturally disadvantaged. Leisure counselling for them is absolutely essential. If left without it, the special population will develop a sense of worthlessness to themselves and a feeling of being a burden on others. There are

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many ways in which recreators can help them to become producers and to become independent. So far, the importance is understressed.

Milwaukee has been providing leisure counseling within limits since 1969. Special programs in the three areas have been field tested with satisfying and positive results. Dr. George T. Wilson, Assistant Superintendent of Schools in charge of Recreation and Adult Education says assuredly: "we know that leisure counseling works." In fact in this area of service, Milwaukee may well be the only city presently developing a municipal leisure counseling program.

One of the best known programs providing such services is Constructive Leisure, Inc. Los Angeles, California directed by Mrs. Patricia Edwards. Mrs. Edwards is the author of "You've got to Find Happiness. It Won't Find You." In Canada, Dr. Peter Witt of the University of Ottawa has been involved in recreation counseling and is currently editing a book which will deal with various aspects of recreation counseling.

II. MODEL FOR LEISURE COUNSELING

It was concluded that a comprehensive and reliable interest finder was needed to ensure greater effectiveness in working with the three distinct populations served. This interest finder would combine the expertise and organization system that makes sure opportunities are available locally and also provides the personal touch that is essential to counseling of any type.

A. THE INTEREST FINDER

At the present time, there are a number of methods used to analyze personality types and leisure preferences that have proved worthwhile as instruments. But the practical values in some are limited. Inventory scores based on answers to carefully worded questions might add up to an interest in scuba diving, but the person being tested might live in a desert. In order to meet practical needs, a total classification system that ties interest finding results to available resources in the community must be arranged. Leisure Counseling is worthless if there are no activities for persons after they're told what they might do.

The concept, while using interest finders, combines the expertise that makes sure opportunities are available locally, and provides the "personal touch" so essential to counseling of any type becomes the most effective.

Such an instrument has been developed by leisure counseling team members in Milwaukee. One member, in the formation of a leisure activities finder has examined the following tests in relation to interest finding values:

1) Gordon Occupational Check List
2) Kuder Vocational Form C - Vocational
3) Strong Vocational Interest - Men's form, Women's form
4) School Interest Inventory
5) All Interest Index - developed for unpublished master's thesis.
6) Reading - Free Vocational Interest Inventory

The intent of the Milwaukee project was to develop a more sophisticated leisure instrument to be used as a guide to the individual's aptitudes; to tie the result to a classification; to tie the classification to the availability of community resources; and finally to deliver the services successfully.

PRE-TEST- Using the computerized classification system as a guide, nine categories of activities were developed for an experimental finder. Each category was further subdivided by two for a total of 18 categories. Fifteen statements per sub category were developed. At fifteen statements per sub category a grand total of 270 statements were used. A rating scale from 5 to 1 corresponding as follows was used: 5 - Like Very Much; 4 - Like; 3 - Uncertain; 2 - Dislike; 1 - Dislike Very Much. Five boxes numbered from 5 to 1 were placed after each statement so the respondant could check his preference according to the rating system. The interest finder was divided in to four parts for ease of administering thus having four interest finders with approximately 68 statements each.

The experimental interest finder was reviewed by the Department of Educational Research, Milwaukee Public Schools, for the purpose of getting a proper format for easy computerized tabulation of data when acquired. Each statement was also checked for proper wording and relationship of the underlying variable.

A total of 212 pilot interest finders were given to adult students in recreation/adult education classes at various centers throughout the city. This was done so the best responses would be obtained and also reflect variations in population. At each class the four form interest finder was distributed from presorted stacks so that each person would not receive the same form of the finder. The stacks were sorted in a 1,2,3,4, 1,2,3,4, etc. fashion. In addition to development of the interest finder statements an identifying information sheet and activities check sheet was included. This identifying information sheet asks for demographic data such as name, age, income, etc., while the activities check sheet indicates areas and kinds of activities a person has engaged in and/or is interested in.

DATA AND ANALYSIS - All data was returned and tabulated by the Educational Research Department. This data was put on punched cards in preparation for the T-Stat computer program. The T-Stat program is for testing reliability and item analysis and provides for item total correlation. The T-Stat program also provides a variety of item and scale analysis for forced-choice and right-wrong answer scales. Included in the program output were means, standard deviations and alpha-coefficients of interval consistency for each scale and means, standard deviations, correlation with scale, correlation with total, and choice distributions for each item.

Data was punched according to the ratings of the statements in the nine categories of the interest finder. Printouts for each form of the interest finder were obtained. Printed information received gave the item number, the category of scale it belonged in, the mean, sigma and reliability correlation for each item or statement in that particular form of the interest finder. In addition, total means, signas and alphas were given for each scale or category for each form of the interest finder. Grand totals for all nine scales per interest finder form were also given. Grand totals for each of the four forms of the interest finder indicated extremely high internal reliability. Item total correlations were as follows: Form A - .9448; Form B - .8769; Form C - .9511; Form D - .9537.

FINAL INSTRUMENT CHECK - To prepare for the final form of the interest finder it was decided that ten items per category would be selected for a total of 90 items. This number it was believed would be the easiest to handle from the standpoint of persons taking the interest finder and for scoring. The 90 statements were selected on the basis of their high correlations. The range of correlations for the 90 statements was a high of .8707 and a low of .6231. It can be readily ascertained that the range of correlations for statements used is high.

In order to determine if the statements were properly selected the final form of the instrument finder was given to the same population (adult classes offered through the Recreation and Adult Education Division). Data was again processed

through the T-Stat program for a final check. Correlations for each statement were comparable to the previous ones so it can be assumed that the 90 items were properly selected.

B. THE ACTIVITY AND INVENTORY FILE

Two other components of the leisure counseling model are complete. Both can operate without the interest finder instrument.

However, the interest finder is designed to be coordinated with the leisure inventory and activities file. It is a model that systematically classifies and codes on-going activities and constantly adds activities as they emerge. The inventory file is an 8" x 11" file coded to a highly developed classification system and includes an inventory of activities from all sources available within the community with further research being conducted for additional avocational resources. The activities file follows the classification system to make retrieval of information about community avocational resources more functional. This is a cross-reference system that helps locate and select activities within the total city leisure programs in the community.

Completed also is a Leisure Activities File that follows the classification system to make retrieval of information about community leisure resources much more functional. A cross-reference system has been developed to help locate and select activities within the city to better meet the needs of special client groups. In essence, this becomes a fixed point of referral. This file consists of 5" x 8" cards bearing detailed information on Recreation Division activities and activities of other agencies. It is continuously being expanded to include the new and different activities as provided by other agencies.

At the AALR Conferences in Minneapolis and Anaheim a model for leisure counseling was described showing how the counselor assists the counselee to systematically arrive at a leisure choice. Tools and techniques to implement this process were also explained. A discussion of the Leisure Activities Inventory, a 819 entry coded list of avocational activities was included. A guide to leisure activities presents detailed information about 521 leisure activities. Narratives include some data on amount of participation, accident rates, etc. Also included are impressionistic views of psychological and sociological aspects of the activities. In addition to the narratives there are check lists of environmental and socio-psychological factors for each activity, cost of equipment needed, and Dewey Decimal and Library of Congress call numbers. Impairment limitation and energy expenditure estimates are made as they relate to sheltered or special populations.

The use of printed coded file labels to set up a file to hold information about leisure activities available in the community were described. The possibility of developing a community-wide telephone information service about leisure activities was proposed. Finally, the use of leisure activity recording sheets for use in collecting information and narrowing down choices in the counseling interview was discussed.

COMPUTERIZATION OF THE INTEREST FINDER AND THE ACTIVITY AND INVENTORY FILES - The leisure counseling system has been designed for adaptation to the computer. Computer capability is not essential, although cities with computer capabilities will find it a definite time saver. Through the use of computers and terminal stations, a fixed point of referral for city or area wide activities could be accomplished. By early 1975 the Municipal Recreation and Adult Education Division of Milwaukee Public Schools will be using computerized optical scanner to score the interest finder, and a computer search of the activity file to locate the activities available that were suggested by the interest finder.

This will allow the counselor or counselee to select only those activities suggested by the interest finder that meet certain criteria such as day of week, cost, location, age, and others.

III. THE TEAM

The Milwaukee model was originally planned and implemented by a three-man team who shared in conferences where all available data was pooled, discussions were shared, and group decisions were made.

Each contributed his special understanding and expertise of subject and experience. The team was made up of: Dr. Robert P. Overs, who structured the Avocational Activities Inventory system for the Curative Workshop of Milwaukee, Research Department; Dr. George T. Wilson, Assistant Superintendent of Schools, Milwaukee Public Schools, in charge of the Division of Municipal Recreation and Adult Education, who has been associated with Dr. Overs for several years as a consultant on the model as it applies to recreation. Dr. Joseph Mirenda, Adult Education Program Coordinator for Milwaukee Public Schools, is the third team member. His contribution has come largely through development of the interest finder. Dr. Arlin Epperson, Associate Professor and Director of Recreation Extension, Department of Recreation and Park Administration, University of Missouri-Columbia has been added to the team and is working on computerization of the model.

Long known as a pioneer in the Recreation/education movement, Milwaukee (CITY OF THE LIGHTED SCHOOLHOUSE) - is on the cutting edge of a new and exciting development in the field of leisure through leisure counseling.

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For information related to the Leisure Counseling Model, write to:

Dr. Joseph J. Mirenda
Adult Education Program Coordinator
Milwaukee Public Schools
P.O. Drawer 10-K
Milwaukee, Wisconsin 53201

MIRENDA LEISURE INTEREST FINDER

Directions for Profiling

1) The interest finder has category numbers in parenthesis after each statement. These numbers refer to the category numbers on the profile sheet.

   Example: 1. To go fishing (3B) **[5]** [4] [3] [2] [1]

2) Using the category number and the bracketed number darkened in from the interest finder go to the profile sheet and place an X or darken in the appropriate statement column in the proper row of the activity category.

   Example:

   Using the example, from above, the statement number is 1, the category is 3B and the bracketed number darkened in is 5.

	NATURE 3									
	A					B				
	10	14	34	35	40	1	36	37	38	39
5										
4										
3										
2										
1										

3) Repeat the above procedure for each statement of the interest finder. When completed a graphic profile will be obtained which will indicate high to low interest in the various categories.

4) At the bottom of the profile sheet under each category are listed some activities to which the client may be referred.

   For a complete list of activities refer to the avocational inventory file.

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MIRENDA LEISURE INTEREST FINDER
MASTER KEY

ACTIVITY CATEGORY	STATEMENT NUMBER
1) Games	
A) Active	21, 22, 23, 24, 25
B) Inactive	13, 17, 18, 19, 20
2) Sports	
A) Competitive	26, 27, 28, 29, 30
B) Non-Competitive	2, 12, 31, 32, 33
3) Nature Activities	
A) Natural	10, 14, 34, 35, 40
B) Sportsman	1, 36, 37, 38, 39
4) Collection	
A) Objects - paper, plastic, wood	5, 7, 41, 42, 44
B) Objects - metal, glass, ceramic	43, 45, 46, 47, 48
5) Homemaking and Homecraft Activities	
A) Homemaking Activities	15, 49, 50, 52, 54
B) Homecraft Activities	6, 51, 53, 55, 56
6) Art and Music	
A) Appreciative	57, 58, 59, 60, 61
B) Expressive	62, 63, 64, 65, 66
7) Educational, Entertainment and Cultural	
A) Appreciative	9, 67, 68, 70, 72
B) Expressive	4, 69, 71, 73, 74
8) Volunteer	
A) Personal Service	16, 75, 76, 78, 82
B) Administrative Service	77, 79, 80, 81, 83
9) Organizational	
A) Persuasive	3, 8, 11, 84, 86
B) Gregarious	85, 87, 88, 89, 90

MIRENDA LEISURE INTEREST FINDER
IDENTIFYING INFORMATION SHEET

Date _____

Name _____
Last First Middle

Address _____ City _____ Zip _____

Telephone _____ Age _____ Male/Female _____

What is your main occupation if currently employed?

_____ Full time ____ Part time ____

If retired, what was your main occupation?

_____ Full time ____ Part time ____

Who told you about us? _____

Marital Status: (Circle one) Married, Single, Divorced, Widowed, Engaged

Education (circle highest level completed):

Elementary 1 2 3 4 5 6 7 8 High School 1 2 3 4

College 1 2 3 4 Graduate School 1 2 3 4

Salary: (check one)

___ Less than $4,000 year ___ $13,000 - $14,999 year

___ $4,000 - $6,999 year ___ $15,000 - $16,999 year

___ $7,000 - $8,999 year ___ $17,000 - $18,999 year

___ $9,000 - $10,999 year ___ $19,000 - $20,000 year

___ $11,000 - $12,999 year ___ over $20,000 year

Time availability (circle appropriate day(s) and column(s))

Mornings (9 - 12 A.M.) **Afternoons** (1 - 4 P.M.) **Evenings** (7 - 10 P.M.)

S-M-T-W-Th-F-Sa S-M-T-W-Th-F-Sa S-M-T-W-Th-F-Sa

Do you belong to any clubs? _____ Yes _____ No

Please list your club memberships on the back of this sheet.

How would you like to use your leisure? Use back of sheet, if necessary.

CLIENT NAME _____

ADDRESS _____

DATE _____ 19____

_____
INTERVIEWER'S NAME

REFERRED TO: _____ _____

FOLLOW UP: _____

_____

_____

COMMENT: _____

_____

_____

Name _____ # _____ Date _____

MIRENDA LEISURE INTEREST FINDER

The Mirenda Leisure Interest Finder is designed to get at your interests and help you develop interests in closely related areas.

READ CAREFULLY!

DIRECTIONS:

The following statements represent various leisure activities that people generally engage in. Some will be of interest and others will not. Read each statement carefully and indicate your preference by using the rating system below.

5 - Like Very Much
4 - Like
3 - Uncertain
2 - Dislike
1 - Dislike Very Much

(Fill in *one* circle by each item to indicate your preference of the statement.)

Example: 1 ----- To play chess 1 2 3 4 5 ●○○○○

DO NOT MARK HERE

0 0 0 0 0
1 1 1 1 1
2 2 2 2 2
3 3 3 3 3
4 4 4 4 4
5 5 5 5 5
6 6 6 6 6
7 7 7 7 7
8 8 8 8 8
9 9 9 9 9

1. To go fishing	(3B)	1 2 3 4 5 ○○○○○		17. Games such as Scrabble and Jeopardy	(1B)	1 2 3 4 5 ○○○○○	
2. To ice skate	(2B)	1 2 3 4 5 ○○○○○		18. Anagrams	(1B)	1 2 3 4 5 ○○○○○	
3. To make plans and lead others	(9A)	1 2 3 4 5 ○○○○○		19. Playing dominoes	(1B)	1 2 3 4 5 ○○○○○	
4. To be in a debate type of situation	(7B)	1 2 3 4 5 ○○○○○		20. Latest computer games	(1B)	1 2 3 4 5 ○○○○○	
5. To collect old furniture and refinish it	(4A)	1 2 3 4 5 ○○○○○		21. To pitch horseshoes	(1A)	1 2 3 4 5 ○○○○○	
6. To fix a broken appliance	(5B)	1 2 3 4 5 ○○○○○		22. To pitch beanbags	(1A)	1 2 3 4 5 ○○○○○	
7. To collect wooden art objects	(4A)	1 2 3 4 5 ○○○○○		23. Musical Chairs	(1A)	1 2 3 4 5 ○○○○○	
8. To be able to lead people	(9A)	1 2 3 4 5 ○○○○○		24. To play four-square	(1A)	1 2 3 4 5 ○○○○○	
9. To attend travelogs often	(7A)	1 2 3 4 5 ○○○○○		25. Playing pass the hot potato	(1A)	1 2 3 4 5 ○○○○○	
10. The "call of the wild"	(3A)	1 2 3 4 5 ○○○○○		26. A good active sport such as rugby or soccer	(2A)	1 2 3 4 5 ○○○○○	
11. To give a political speech or talk	(9A)	1 2 3 4 5 ○○○○○		27. To compete in a boat race	(2A)	1 2 3 4 5 ○○○○○	
12. To try snowmobiling	(2B)	1 2 3 4 5 ○○○○○		28. Trap or skeet shooting	(2A)	1 2 3 4 5 ○○○○○	
13. Games such as shuffleboard, pool, etc.	(1B)	1 2 3 4 5 ○○○○○		29. Being in a good volleyball match	(2A)	1 2 3 4 5 ○○○○○	
14. Combing the beaches for objects	(3A)	1 2 3 4 5 ○○○○○		30. A good curling match	(2A)	1 2 3 4 5 ○○○○○	
15. To learn how to cook ethnic foods	(5A)	1 2 3 4 5 ○○○○○		31. Skiing	(2B)	1 2 3 4 5 ○○○○○	
16. Being a fund raiser for a good cause	(8A)	1 2 3 4 5 ○○○○○		32. Skin diving	(2B)	1 2 3 4 5 ○○○○○	

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LC-3

		1 2 3 4 5
33. To ride a motorcycle whenever I can	(2B)	○○○○○
34. To pick wild asparagus often	(3A)	○○○○○
35. To camp as often as possible	(3A)	○○○○○
36. Ice Fishing	(3B)	○○○○○
37. To trap fish with a net or by some other means	(3B)	○○○○○
38. To fish from a boat	(3B)	○○○○○
39. To fish from the shore with a casting rod or pole	(3B)	○○○○○
40. Hiking through parks and woods	(3A)	○○○○○
41. To collect matchbook covers	(4A)	○○○○○
42. Collecting dolls	(4A)	○○○○○
43. To collect paintings, drawings, etc.	(4B)	○○○○○
44. Collecting old movie film	(4A)	○○○○○
45. Collecting antique furniture	(4B)	○○○○○
46. To collect most any kind of interesting glass object	(4B)	○○○○○
47. Collecting old ceramic dishes	(4B)	○○○○○
48. Collecting coins	(4B)	○○○○○
49. Sausage making	(5A)	○○○○○
50. Cake and or pie making	(5A)	○○○○○
51. Do minor repair work around the house	(5B)	○○○○○
52. To decorate cakes	(5A)	○○○○○
53. To paint walls	(5B)	○○○○○
54. Making jellies and jams	(5A)	○○○○○
55. To lay tile, carpets, etc.	(5B)	○○○○○
56. Upholstery work	(5B)	○○○○○
57. The many interesting architectural styles around me	(6A)	○○○○○
58. To know about lithography	(6A)	○○○○○
59. Knowing about design and its elements	(6A)	○○○○○
60. A play when I know the playwright's intent	(6A)	○○○○○
61. To know about ceramics to be able to judge quality	(6A)	○○○○○
62. Finger painting	(6B)	○○○○○
63. To design clothes	(6B)	○○○○○
64. Write a play	(6B)	○○○○○
65. Singing	(6B)	○○○○○
66. Being an art news reporter	(6B)	○○○○○
67. Good carnival or fair	(7A)	○○○○○
68. Believing most people should read and discuss religion	(7A)	○○○○○
69. Taking self-development courses	(7B)	○○○○○
70. To be in a group that discusses records, programs, etc.	(7A)	○○○○○
71. To appear on a T. V. quiz show	(7B)	○○○○○
72. To belong to a gourmet food or wine tasting club	(7A)	○○○○○
73. Being a travel guide	(7B)	○○○○○
74. Public speaking	(7B)	○○○○○
75. Giving help to many unfortunate people who need it	(8A)	○○○○○
76. To be a volunteer recreation leader	(8A)	○○○○○
77. Doing clerical work for my church group	(8B)	○○○○○
78. Doing volunteer nursing or medical help	(8A)	○○○○○
79. Giving my knowledge of law in order to help a group	(8B)	○○○○○
80. To take care of bookkeeping matters for a group	(8B)	○○○○○
81. Designing a program for a group	(8B)	○○○○○
82. Giving my janitorial or cleaning services to groups that need it	(8A)	○○○○○
83. To plan communications, i.e. telephone answering for a group	(8B)	○○○○○
84. Belonging to a political group	(9A)	○○○○○
85. New and changing situations	(9B)	○○○○○
86. Belonging to a consumer protection group	(9A)	○○○○○
87. Being a member of the Golden Age Club	(9B)	○○○○○
88. Being a member of the International Institute	(9B)	○○○○○
89. Being a member of our church social group	(9B)	○○○○○
90. Being a member of some art or music appreciation group	(9B)	○○○○○

Mirenda Leisure Interest Finder

(Profile Sheet)

_____ _____ 19 _____

Name _____

GAMES 1	SPORTS 2	NATURE 3	COLLECTION 4	HOMEMAKING, HOMECRAFT 5	ART MUSIC 6	EDUCATIONAL ENTERTAINMENT CULTURAL 7	VOLUNTEER 8	ORGANIZATIONAL 9
A B	A B	A B	A B	A B	A B	A B	A B	A B
21 22 23 24 25 13 17 18 19 20	26 27 28 29 30 2 12 31 32 33	10 14 34 35 40 1 36 37 38 39	5 7 41 42 44 43 45 46 47 48	15 49 50 52 54 6 51 53 55 56	57 58 59 60 61 62 63 64 65 66	9 67 68 70 72 4 69 71 73 74	16 75 76 78 82 77 79 80 81 83	3 8 11 84 86 85 87 88 89 90

High 5
4
3
2
Low 1

A) ACTIVE Running Throwing Indoor Target and Skill (darts)	**A) COMPETITIVE** Individual (golf, & bowling) Dual Sports (tennis) Combative (wrestling) Team (softball)	**A) NATURAL** Passive enjoyment (scenery, wildlife) Observation Discovery Gathering Gardening Natural Science	**A) COLLECTION** Autograph Posters Photo Stamp Model Doll Art Antique Recipes	**A) HOMEMAKING** Cooking & Food Crafts Decorating Paper Crafts Leather & Textile	**A) APPRECIATIVE** Art Books Music Books Record /Tape Listening	**A) APPRECIATIVE** Radio Listening Television Watching Religion - contemplation, prayer Museum, Gallery going	**A) PERSONAL SERVICE** Service Activities Farming Fishery Forestry Machine Trade Bench Work	**A) PERSUASIVE** Political Groups Religious Groups Ethnic Organizations
B) INACTIVE Card Table and Board (checkers) Knowledge and Word Puzzles Model Racing	**B) NON-COMPETITIVE** Individual (boating) Physical Fitness Professional Sports Observation	**B) SPORTSMAN** Fishing, Trapping - Aquatic Hunting, Trapping - Terrestial Animal Breeding, Caring	**B) COLLECTION** Coin & Medal Natural Model Doll Art Bottles Caps Antiques	**B) HOMECRAFT** Toy, Model & Kit Assembly Wood & Metal Working, Handyman	**B) EXPRESSIVE** Photography Drawing Painting Printing Sculpture & Carving Drama Dance Writing	**B) EXPRESSIVE** Entertainment, Drama Activities Traveling Religion - churchgoing Self - development courses	**B) ADMINISTRATIVE** Professional Technical & Managerial Clerical Sales	**B) GREGARIOUS** Athletic & Sports Club Hobby Groups Special Interest Groups

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Milwaukee Public Schools

Division of Municipal Recreation
and Adult Education

LEISURE COUNSELING MEDIA KIT

The media kit consists of 74 color slides and a tape recording that depicts and explains leisure counseling. The media kit was developed in response to many inquiries about leisure counseling, its uses and its availability. It was developed by the American Association for Leisure and Recreation of the AAHPER and is available at a nominal loan fee. The thirteen minute taped presentation has been designed for manual operation with a carousel slide projector with individual slide changes as indicated on an accompanying script.

Basically, the leisure counseling model was conceived to assist three distinct population groups in choosing and making free and intelligent choices in the selection of activities throughout life. The populations are: (1) The Mainstream; (2) The Sheltered, and (3) the Special.

Through the use of the Interest Finder, the Inventory and Activities Files, and personal interviews, an individual can be assisted in the quality use of leisure time. The model also provides, through a coding system, a quick reference of locally available avocational activities and can also be used as a fixed point of referral for communities.

Additional information on Leisure Counseling and how a model or its components may be established in your community is presently available from:

"LEISURE COUNSELING"
Attention: Dr. Joseph J. Mirenda
Milwaukee Public Schools
Division of Municipal Recreation and Adult Education
P.O. Drawer 10-K
Milwaukee, Wisconsin 53201

Telephone: 1-414-475-8190

LEISURE COUNSELING

What is leisure counseling: Basically, it's a concept of having people discover themselves through a wide variety of activities using personal interviews, interest finders, and other components of a leisure counseling model.

Leisure counseling is an extension of the Milwaukee Public Schools, Municipal Recreation and Adult Education referral guidance program. The evolvement of the concept grew in response to three compelling needs:

LEISURE COUNSELING
DIVISION OF MUNICIPAL RECREATION AND ADULT EDUCATION
MILWAUKEE PUBLIC SCHOOLS
P.O. DRAWER 10-K
MILWAUKEE, WISCONSIN 53201

THE LEISURE COUNSELING MODEL

POPULATIONS:

- MAINSTREAM
- SHELTERED
- SPECIAL

1. To "open doors" for people in the mainstream of life who, for important and personal reasons, seek to raise the level of their potential through recreation/education outlets that are available locally.
2. To ease the transition of temporarily sheltered persons who take the last step away from public institutional care and the first step back into community living.
3. To provide counseling and opportunities for leisure rehabilitation for persons who are on the fringe of the mainstream but need special assistance.

To understand the concept of leisure counseling, one must define its components. If one views them traditionally, leisure counseling concepts are helping an individual to discover leisure time needs to develop abilities, and to achieve a highest level of potential. But, if viewed non-traditionally, leisure counseling is more importantly concerned with improving the quality of life and is a product of thinking associated with a new leisure ethic.

The concepts, however, are not new. The forerunner is vocational counseling. The idea of vocational counseling is to provide the assistance needed for individuals to make free and intelligent choices on one's work way through life.

Similarly, the future role of the leisure counseling specialist is to help persons to choose an avocation and assist them in the wise use of it.

The first of the three areas of leisure counseling is The Mainstream - Leisure counseling would have extended influence on people who make up the mainstream of human life. By mainstream is meant those people who usually have a daily vocation that provides them with a livelihood and can make free choices relative to their leisure pursuits. Granted, there are millions of participants in recreation programs; there are certain people who - more so than others - have a critical need to make wise use of their leisure.

The problem is not merely keeping busy, but rather of finding activities that promote their health and/or welfare. The best evidence of this is the increasing number of referral telephone calls to recreators by physicians, social workers, psychologists and Mr. or Mrs. Average Citizen.

One example concerns the middle-aged man with high blood pressure. To add to his woes, he's overweight and tired. He works twelve hours a day. He took the time to visit his doctor whose advice was simply but not uncommon: You will need to slow down, diet, and take moderate exercise." He was referred to a counselor whose staff members were prepared to offer a number of opportunities for physical fitness and to work toward the improvement of his condition.

Such available activity, suited to the individual's interests, abilities and needs, can be a means to refresh the mind and revive the body, in a word "recreation". However, the meshing of interest, activity and personality is not always a simple matter.

The second area of leisure counseling is The Sheltered Population - Some people are by circumstances temporarily removed from the mainstream of life. These people might include prison inmates, hospital patients, institutionalized persons with disabilities, drug addicts, alcoholics (half-way house residents) and any other individuals who are temporarily out of the mainstream.

While much emphasis is being placed on the constructive use of leisure, guidance must go far beyond to a genuine concern for the total individual. Recreation experts know this in regard to people in the mainstream of life, but too little is being done by professionals to effectively counsel the sheltered population, the people who face problems totally re-entering the everyday world.

For example, who is helping the prison inmate about to be paroled? Offenders are being helped by community agencies to overcome major transition factors, one of which is employment. In experimental stages, work release centers located in or near home communities are helping prison inmates to readjust before institutional release. In the six to eight weeks waiting period before being paroled, the individual is being readied for the labor market and simultaneously being helped to overcome the barriers of society.

But another transition factor is equally important to the potential parolee - how to use leisure time effectively. While work release centers are rehabilitating the inmate for the job world, the recreation counselor should be at hand to provide a type of counseling that would enable that person to discover leisure needs, to assess his potentialities, perhaps to help him establishing new objectives and to proceed to a realization of his adjusted goals.

What about the person with an alcoholic problem? Leisure counselors could move in behind, or in cooperation with, alcoholic treatment centers. The first period in the institution usually involves a program of detoxification with the remainder devoted to individual or group psychological, social and educational counseling. Recreation experts could enhance the treatment with forms of rehabilitation that would include leisure counseling.

The third area of Leisure Counseling is <u>The Special Population</u> - There are others somewhat isolated from the mainstream of life, among them the aging and the handicapped. In some cases they are sheltered permanently. All too often this segment of the community is forgotten, although they too have a right to attain a self-satisfying and improved life through professional guidance.

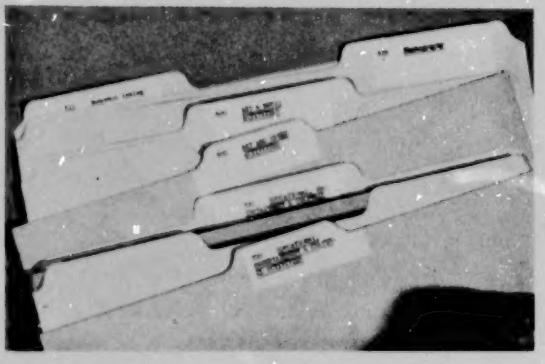
Recreators have long recognized that recreation/education is a universal need. There should be a stronger thrust now to assist the special population - one of which is markedly isolated from the mainstream. The culturally disadvantaged too need more attention. Leisure counseling for them is not only necessary, but absolutely essential. If left without it, the handicapped and culturally disadvantaged will develop a sense of worthlessness to themselves and a feeling of being a burden on others. There are many ways in which recreators can help them to become independent. So far, the importance is understressed.

The present leisure counseling model consists of three parts. Each will be described briefly for a better understanding. The first is Leisure Interest Finder; next is Leisure Inventory File; and third the Leisure Activity File.

The interest finder is a series of 90 statements based on activities in games, sports, nature, collections, crafts, art and music, education and culture, volunteer services and organizational services. Following each statement is a rating scale from 1-5 which indicates degree of preference such as 5-like very much, 4-like, 3-uncertain, 2-dislike, and 1-dislike very much. Another part of the interest finder is a profile sheet which utilizes the rating scale for each activity category. The profile sheet utilizes the rating scale to give a graphic representation of the interest from low to high. From this profile sheet a counselor could suggest activities of high interest and then make appropriate referrals.

The interest finder and profile sheet was developed, pre-tested and tested specifically for the Milwaukee Public Schools, Division of Municipal Recreation and Adult Education. The Leisure Interest Finder was designed to be co-ordinated with the second component, the Leisure Inventory and Activities File. However, the latter can operate independent of the interest finder.

The second component of the system is the Leisure Interests Inventory and Activities File. It is a model that systematically classifies and codes on-going activity and constantly adds activities locally. The Inventory File is an eight inch by eleven inch file coded to a highly developed classification system and includes an inventory of activities from all sources available within the community with further research being conducted seeking additional leisure resources.



The inventory classification system itself is numbered from one hundred to nine hundred with each one hundred segment designating those areas of activities as described in the section of the interest finder. Within each segment a further breakdown of activities is made. For example, 100 indicates games in general, 110 indicates active games, 111 indicates running games, etc.

MIRENDA LEISURE INTEREST FINDER

1 - To go fishing	(3B)	[5]	[4]	[3]	[2]	[1]
2 - To ice skate	(2B)	[5]	[4]	[3]	[2]	[1]
3 - To make plans and lead others	(9A)	[5]	[4]	[3]	[2]	[1]
4 - To be in a debate type of situation	(7B)	[5]	[4]	[3]		
5 - To collect old furniture and refinish it	(4A)					
6 - To fix a broken appliance	(5B)					
7 - To collect wooden art objects						

MIRENDA LEISURE INTEREST FINDER
(Profile Sheet)

Name _____

GAMES			SPORTS			NATURE			COLLECTION			HOMEMAKING, and HOMECRAFT			ART AND MUSIC		
A	1	B	A	2	B	A	3	B	A	4	B	A	5	B	A	6	B

High 5
4
3
2
Low 1

Date _____ 19 _____

EDUCATIONAL ENTERTAINMENT and CULTURAL			VOLUNTEER			ORGANIZATIONAL		
A	7	B	A	8	B	A	9	B

A) ACTIVE
Running
Throwing
Indoor
Target and Skill (darts)

A) COMPETITIVE
Individual (golf, & bowling)
Dual Sport

A) NA
Pass
e

COLLECTION
Autograph
Posters
Photo
Stamp
Model
Doll
Art
Antique
Recipes

A) HOMEMAKING
Cooking & Food Crafts
Decorating
Paper Crafts
Leather & Textile

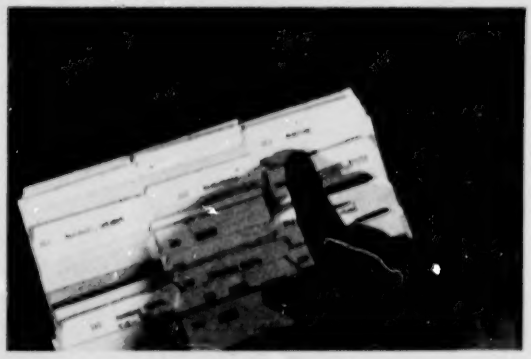
A) APPRECIATIVE
Art Books
Music Books
Record /Tape Listening

A) APPRECIATIVE
Radio Listening
Television Watching
Religion - contemplation, prayer
Museum, Gallery going

A) PERSONAL SERVICE
Service Activities
Farming
Fishery
Forestry
Machine Trade
Bench Work

A) PERSUASIVE
Political Groups
Religious Groups
Ethnic Organizations

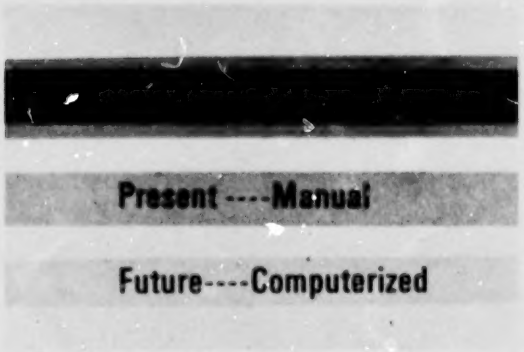
The third component of the system is the Leisure Activities File. This file follows the classification system as described to make the retrieval of information about community leisure resources more functional. A cross-reference system has been developed to help locate and select activities within the city to better meet the needs of the special client groups. This becomes a fixed point of referral. This file consists of five inch by eight inch cards bearing detailed information on Recreation Division activities and the activities of other agencies. It is continuously being expanded to include new and different activities as provided by other agencies.

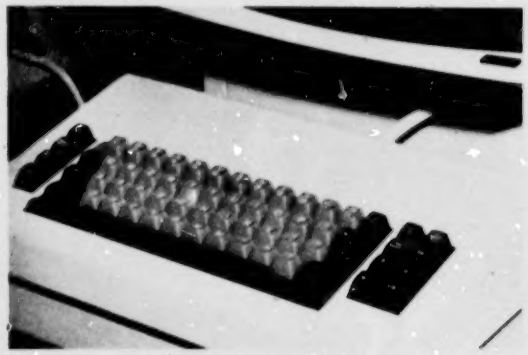


Basically, the steps involved in leisure counseling are:

1. Referral of direct client inquiry.
2. The use of the interest finder.
3. Profiling of interest finder results.
4. Referral of activities of interest by using the Leisure Inventory and Activities File.
5. Follow-up of client referral to assure success in one or more leisure pursuits.

The leisure counseling system has been designed for ultimate adaptation to the computer. Computer capability is not essential; however, large cities with computer facilities could find its use highly desirable. Through the use of computer scanners and terminal stations, a fixed point of referral for city or area-wide activities could be accomplished.





The leisure counseling system has been developed and implemented by a team: Dr. Robert P. Overs who structured the Leisure Activities Inventory System for the Research Department, Curative Workshop of Milwaukee; Dr. George T. Wilson, Assistant Superintendent, Milwaukee Public Schools, in charge of the Division of Municipal Recreation and Adult Education; Dr. Joseph J. Mirenda, Adult Education Program Coordinator for Milwaukee Public Schools, who developed the Interest Finder and Profile Sheet; and Dr. Arlin Epperson, Director Recreation Extension, University of Missouri at Columbia. Dr. Epperson's expertise is in the application of the model to the computer process.

For more information related to the Leisure Counseling model, or for use of the media kit to explain leisure counseling, write to:

"LEISURE COUNSELING"
Attention: Dr. Joseph J. Mirenda
Milwaukee Public Schools
Division of Municipal Recreation and Adult Education
P.O. Drawer 10-K
Milwaukee, Wisconsin 53201

Telephone: 1-414-475-8190

MILWAUKEE LEISURE COUNSELING PROJECT
ALTERNATIVES FOR SCORING & SEARCHING

There are several alternative methods by which the interest survey may be tabulated, and the inventory of local activities available, may be searched. The following will attempt to evaluate the alternatives, and list the advantages and disadvantages of both. Because of the nature of the two activities, each will be discussed separately.

SCORING THE INTEREST INVENTORY

1. Manual scoring using numbered identifications.

ADVANTAGES
- -Can be scored while the counselee waits.
- -No cost other than personnel time.
- -Can be scored by the counselee.

DISADVANTAGES
- -Requires 10-15 minutes of personnel time.
- -Cannot easily be used with computerized inventory of activities.

2. Manual scoring using templates.

ADVANTAGES
- -Can be scored while counselee waits.
- -Approximately 10-15 minutes of time used.
- -No cost other than personnel time.
- -Can be scored by the counselee.

DISADVANTAGES
- -No graph available
- -Cannot easily be used with computerized inventory of activities.

3. Scoring by optical scanner.

ADVANTAGES
- -No personnel time required.
- -Can be correlated directly with computerized inventory of activities.
- -Can produce a graph.

DISADVANTAGES
- -Scanning cost may be approximately 2¢ to 3¢ per sheet, according to policy of agency.
- -Scanning equipment may not be available.
- -Requires a return visit by the counselee.

4. Computerized inventory tied directly to optical scanner.

ADVANTAGES
- -A computerized printout of available activities automutically printed after optical scanning sheet is run through the scanner.
- -Provides maximum flexibility in selection of alternative activities according to other variables including cost, location, time of day, etc.
- -Least personnel time required.

DISADVANTAGES
- -Requires return visit by counselee.
- -Some cost if computer time is not available locally.
- -Is not portable.
- -Somewhat difficult to change the stored information.

5. Computer terminal and computerized inventory.

ADVANTAGES
- -Little personnel time required 2 - 3 minutes.
- -Can be done while counselee waits.
- -Some terminals are portable and can be moved from site to site.
- -Can be computerized with inventory of activities.
- -Results of interest survey and corresponding recommended activities can be printed back at the terminal while the counselee waits.

DISADVANTAGES
- -Requires hand scoring with results put into computer on terminal.
- -Cost, approximately $150 per month for terminal.
- -Some "on line" computer costs if local agency does not have computer or computer time.
- -Some small computers may not support terminals
- -Some time required (2 or 3 minutes) to type in values for each of the 90 items on interest survey.
- -May be required to batch operations (put all of them in at a certain time) to reduce computer costs.

The best use of time and resources would suggest using optical scanning equipment in a system which is tied directly to the computer if the institution or agency has equipment readily available at little or no cost. This would allow the counsellor to take all of the interest inventories which have been completed to the scanner once daily, or weekly or at other frequency intervals. These could automatically be scanned, scored, and the resulting information used to search the computerized inventory, selecting those activities which have been rated high on the interest inventory, and printing out only those according located which meet previous criteria selected by the counselee concerning satisfactory cost, time of day, location, and other factors important to him. A printout would be available containing a graph, and/or list of activities found, to either be returned to the counselee with additional counseling, or to be mailed to him if this would be more convenient.

If scanning equipment or a computer is not available, or if funds are limited, the scanning sheets can be hand scored, and the inventory can be an index card file, or a visual card sort, which although limited in the number of criteria on which a search can be made, would provide economical access by the counsellor for information to advise the counselee on a one trip basis. Depending upon the importance of giving the counselee immediate information, it would appear the best use of the counselees time if equipment is available, is to either have the counselee make a return visit, or to mail the computer printout information to the counselee, which could include all of the information about the activities which he desired.

SEARCH OF ACTIVITY INVENTORY

1. Index card file.

ADVANTAGES
- -Can be searched while counselee waits.
- -Economical.
- -Can be changed easily.
- -Can be moved from site to site.

DISADVANTAGES
- -Difficult to correlate exactly with results of interest finder particularly in large cities with several thousand possible activities.
- -Cannot sort on more than one variable, such as time of day, location, age, etc.
- -Activity information would have to be xeroxed or hand duplicated.

2. Vertical visible locator file.

ADVANTAGES
- -Can be searched while counselee waits.
- -Much quicker than index card system.
- -Provides more thorough investigation of available activities according to a single classification probably activity.
- -Easily updated.

DISADVANTAGES
- -Is not portable.
- -Cost - approximately $350 - $400.
- -Cannot sort on more than one variable.
- -Activity information would either have to be xeroxed or hand duplicated.

3. Computerized activity inventory. This assumes optical scanning, or hand scoring with counselor interpreting results and making specific entries into the computer inventory on basis of results of the interest finder.

ADVANTAGES
- -Could sort on several variables.
- -Would get printout of activities locations, and other stored information.
- -Scanning equipment, etc. could be in one location and computer in another.

DISADVANTAGES
- -Requires return visit by counselee.
- -Could be costly if computer time is not available.
- -More time needed to reprogram interest finder results into computer.
- -Somewhat difficult to update the stored information.

AVOCATIONAL COUNSELING FOR SHELTERED POPULATIONS

Some people are by circumstances removed temporarily from the mainstream of life. These people might include prison inmates, hospital patients, institutionalized persons with disabilities, drug addicts, alcoholics, and other individuals who are out of the mainstream.

While much emphasis has been placed on the constructive use of leisure for the "normal" population, too little is being done by professionals to effectively counsel the sheltered population.

Dr. Robert Overs of the Curative Workshop of Milwaukee, has done considerable work in both research and application of avocational counseling with the sheltered population. His work has pioneered related efforts in leisure counseling for the mainstream in Milwaukee and in a number of other locations.

The following avocational counseling materials are available through his office.

MILWAUKEE MEDIA FOR REHABILITATION - RESEARCH REPORTS SERIES

5A Avocational Activities Inventory - An inventory designed to systematically classify and code avocational activities into nine major categories and subdivide these into 819 - 3 digit entries, permitting computerization. 42 pages 11/71 $1.00

5C Avocational Activities File Labels 828 file labels with separate codes and titles to identify specific activities so information relating to the activity can be filed in a pre-labeled folder. 28 mimeographed gummed and perforated sheets. 3/72 $3.00

5D Avocational Counseling in Milwaukee describes a one year project in avocational counseling with 122 handicapped clients. Describes 6 avocational interest inventories developed by others and 5 instruments developed during the project. 147 pages 5/74 Free

5F Avocational Title Card Sort designed to assist clients in making avocational coices. Kit includes complete instructions, ten scoring sheets. $10.00

5G Avocational Counseling Video Tapes two video tapes of a planned four part series available for rental 11/74.

Tape #2: The Initial Interview. A recording of an actual counseling interview between an avocational counsellor and a client. (60 Min)

Tape #4: New Techniques for Exploring Avocational Possibilities. A description and demonstration of two new tools, the avocational plaque sort and the avocational picture sort, developed for assisting individuals in exploring and choosing avocations. (43 Minutes) Instructor's guides are furnished with both tapes, and both are loaned as a unit. $5.00

When ordering tapes indicate size 1/2 sony or 3/4 sony cassette and specific dates for lst, 2nd and 3rd choices for showing.

Kit complete includes all of the above 10/74 $12.00

AVOCATIONAL ACTIVITIES FOR THE HANDICAPPED:

A handbook for avocational counseling ($9.95) by Robert P. Overs Ph.D., Barbara DeMarco and Elizabeth O'Conner. The handbook is designed for use in avocational counseling by counselors, recreation therapists, occupational therapists, and social workers. Special features include:

CHECKLIST of environmental factors associated with the activity, does it require much space or equipment.

CHECKLIST of social-psychological factors in an activity. Is it aesthetic or utilitarian? Creative or pre-patterned? Abstract or concrete?

CODED IMPAIRMENT TABLES to show whether a person with a certain type impairment would perform the activity.

ENERGY OUTPUT TABLES for use with people having severe systemic impairments, especially heart patients.

QUICK FIND LIST to help the reader to quickley locate all the activities suitable for an individual with a particular impairment.

DEWEY DECIMAL AND LIBRARY OF CONGRESS call numbers given for each activity. Further information about the activity may be found by going directly to the right library shelf without having to look up the location in a card catalog.

ORDER FROM: Research Department
Curative Workshop of Milwaukee
10437 W. Watertown Plank Road
Milwaukee, Wisconsin 53226

ORDER BLANK

MILWAUKEE LEISURE COUNSELING MATERIALS

NO.	TITLE	PRICE	# COPIES DESIRED
LC - 1	Leisure Counseling Brochure	Free (Over 10-.05 ea)	
LC - 2	Milwaukee Leisure Counseling Model Explanation	.10 each	
LC - 3	Mirenda Leisure Interest Finder Optical Scanning Sheet	.10 each	
LC - 4	Leisure Interest Finder Profile Sheet	.05 each	
LC - 5	Mirenda Leisure Interest Finder Manual Version	.25 each	
LC - 6	Forward - from Avocational Activities for Handicapped	Free	
LC - 7	Alternatives for Scoring Interest Finder and Searching Activity Inventory	.10 each	
LC - 8	Leisure Counseling Slide/Tape Media Kit (Rental Only)	4.00	
LC - 9	Leisure Counseling Slide/Tape Script	.60 each	
LC - 10	Avocational Counseling for Sheltered Populations	.10 each	
LC - 11	Leisure Counseling Order Blank	Free	
LC - 12	Leisure Counseling Kit Complete (1 each of above)	3.00 (Includes Postage)	

TOTAL

Leisure Counseling
Milwaukee Public Schools
Division of Municipal Recreation & Adult Education
P.O. Drawer 10K
Milwaukee, Wisconsin 53201

NAME

AGENCY

ADDRESS

CITY STATE ZIP

Make check payable to: Milwaukee Public Schools - Leisure Counseling

LC - 11

LEISURE COUNSELING SUPPLIES

From CONSTRUCTIVE LEISURE an avocational counseling center in Los Angeles since 1968

1) "You've Got To Find Happiness; It Won't Find You", a practical, hard-cover, 348-page guide to using leisure. Its information on the subject of leisure use includes discussion of 50 questions that determine one's interests and a 25-page list of leisure activities in five categories. $5.00 includes mailing.

2) Constructive Leisure brochure, a three-page description of the broad leisure services offered by this company. Send 10¢ stamp for free copy.

3) The Wurtz-Edwards Activity Survey, a five-page copyrighted survey of 258 specific activities, arranged to indicate chief areas of past and present interest. Not reusable. $1.00 per copy.

4) Constructive Leisure Time Study, a detailed process for easily finding more leisure time and arranging it to maximum satisfaction. $1.00

5) Constructive Leisure Questionnaire, a copyrighted list of 71 questions that cover every phase of normal leisure activity, personal preference traits, and practical considerations necessary to know for good leisure counseling. $5.00 each.

6) "The Leisure Counselor's Manual", a manual that combines and condenses the above information, plus giving techniques of leisure counseling, interviewing, creating a referral file and other information necessary for counseling. Available soon. Check the order form below for announcement.

ORDER FORM

Please make checks payable to: Constructive Leisure, 8330 West Third St., Los Angeles, Calif. 90048 Phone: (213) 651-5252

	Item	Price	Quantity	Total
1)	"You've Got To Find Happiness"	$5.00		
2)	CL brochure	10¢ stamp		
3)	Wurtz-Edwards Activity Survey	$1.00		
4)	CL Time Study	$1.00		
5)	CL Questionnaire	$5.00		
6)	"Leisure Counselor's Manual"	Send announcement ____		

Date _____ Amount enclosed _____

(With exception of #2 & #6 minimum order is $5.00)